



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov

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October 2020



As we enter into a new season, it is hard to believe it has been nearly seven months since we closed our doors to the public as a result of COVID-19. Although we miss our seniors terribly, we are staying positive here at the Center and focusing on the silver linings as best we can. We remain open by appointment only at this point, but we are working hard to come up with new and creative ways to keep in touch with you until our doors reopen! Here are just a few of the programs we have in store for you in October:



- Grilled Cheese and Soup to Go—let us treat you to some comfort food!
- Flu Shots at the Center—Call to reserve yours.
- Great new virtual programs on Calming Anxiety and Brain Healthy Cooking.
- Virtual Fun & Games for our card playing fans.
- Halloween fun—Visit our haunted hallway if you dare!...
- Count down to Christmas continues—85 days to go!

Read on for details of these and other fall programs. In the meantime, we'd like to extend a big **thank you to the Upton Men's Club** for hosting yet another fantastic *Men's Club Cookout to Go* in September. Seniors were happy to have a night off from cooking and enjoyed the juicy hotdogs and hamburgers hot off the grill. THANK YOU Men's Club and **volunteers Rachel May and Robert Mellen** who helped package up the to go meals for our seniors.

Please stay safe and stay in touch with us. We'll all get through this together. Happy fall!



Janice

Newsletter Subscriptions

Would you like to receive our monthly newsletter by email? If so, please call the Center at 508-529-4558 or email Bernadette at bdenson@uptonma.gov. We'd be happy to add you to our email distribution list. The newsletter can always be found on the Town website as well. Free copies are also available at a number of spots in town, including the Library, Post Office, Town Hall, Coffee Bean, Unibank, Shear Excitement, Jade Garden, and Salon Richard Anthony. If you'd prefer to have a printed copy mailed directly to your home monthly, please let us know and send a \$5 check payable to the Town of Upton to the Upton Center, 2 Farm Street, Upton, MA 01568 for an annual subscription..



Additional Funding Granted to

Upton's Neighbor to Neighbor Program

The Town continues to collaborate with community groups and churches to address the financial needs of residents of **all ages** impacted by COVID-19. The Upton Neighbor to Neighbor Program has helped a number of residents since the pandemic began. We are pleased to announce that additional funding for the program has recently been approved by the Upton Board of Selectmen. If you know of anyone in the community in need of assistance for housing, utilities, heat, food, prescriptions, or medical expenses, please refer them to the Upton Town website or have them contact Janice Nowicki at the Upton Center at 508-529-4558. Donations to the program can be made to: The Upton Bloomer Girls, PO Box 121, Upton, MA 01568.



Please note that the Upton Center will be closed in observance of Columbus Day on Monday, October 12th. No meals will be served that day.

Doctor Visits & Prescription Pickup

Our van is available to get seniors and individuals with a disability to their medical appointments. Please contact us at 508-529-4558 with as much notice as possible to schedule van service. You will be required to wear a mask and socially distance on our van for the safety of all riders.



Shopping Trips



We encourage you to leave your shopping runs to someone else for now if possible. Consider registering for Meals on Wheels by calling 508-949-6640, or ask a family member or friend who is not in the high risk category to help with your shopping. You might also consider an online shopping delivery service. You can also call us at 508-529-4558 for an appointment to visit our food pantry, or to arrange to have pantry items delivered. If you prefer, we can connect you with a volunteer to shop for you. Those who opt to ride our van will be required to wear a mask and socially distance on the van. Time spent in the stores is typically 60—90 minutes, depending on other trips scheduled. Please register at least 2 days ahead and choose one store for drop off/pick up on a loop. Destinations/times may change due to medical appointments.

Tuesday, October 6 at 9:15—Shaw's/Job Lots/Walmart Loop with stop at **Foppema's Farm**, Northbridge

Thursday, October 8 at 9:15—Shaw's/Walgreens in Milford with a stop at **Kelly's Farm** in Upton

Tuesday, October 13 at 9:15—Market Basket, Hudson

Tuesday, October 20 at 9:15—Hannaford's, Uxbridge

Friday, October 23 at 9:15—Shaw's/Job Lots/Walmart with stop at **Foppema's Farm**, Northbridge

Tuesday, October 27 at 9:15—Market Basket, Oxford

Note: the Farmer's Market Coupons which were distributed at the Center in August by Tri-Valley can be used at Foppema's Farm & Kelly's Farm.



Birthday Wishes

Calling all October Bdays!

Although we're not yet ready to resume our monthly Birthday Bash celebrations—we'd still love to help you celebrate your special day. So if you have an October birthday—give us a call to let us know. We'd like to give you a "sweet treat" as our way of saying HAPPY BIRTHDAY TO YOU!!

Craft Kits to Go



Betty Brault has kindly offered to put together a Halloween themed "craft kit to go" for those of you interested in getting creative in October! All you need to do is call to **let us know if you're interested by October 15th**, and then we'll be in touch to get the craft kit to you by the end of the month. The free kit will contain everything you need to do the craft on your own, including detailed instructions. What fun!



HERE's TO YOUR HEALTH!

Calming Anxiety in Times of Uncertainty



Webinar—Monday, October 5, 10:30 –11:00

As our newsletter insert shows, stress can affect the body in a number of ways. In times of uncertainty, our thoughts can amplify feelings of worry and anxiety. Join Janet Fontana, RN and Certified Health Coach, as she shares simple techniques to break the cycle of anxious thoughts to lessen anxiety. Practice breathing exercises that promote relaxation and help you feel calmer. The program is brought to you by Blue Cross Blue Shield of Massachusetts in partnership with your local Massachusetts Councils on Aging. To register, visit bcbsma.info/Oct5



Brain Healthy Cooking Demo

Hosted Virtually on Zoom: Tuesday, October 27 at 12:30

The chefs from Cornerstone of Milford will be providing a one hour Brain Healthy Cooking Demo via Zoom. Eating a diet rich in brain healthy foods can benefit people at any age. Scientists say it may even help delay the symptoms of Alzheimer's disease. Hear more about this from the experts and learn how you can cook "brain healthy" at home during the upcoming holiday season! Call the Center by **October 23** to receive the Zoom link to participate.



BP Checks & Flu Shots

Wednesday, October 28 at 12:30

The Town Nurse will be here at the Center to administer regular dose flu shots (not the high dose) and check blood pressures beginning at 12:30 on Wednesday, October 28. Please call the Center at 508-529-4558 by **October 23** for an appointment. You'll need to bring your insurance information for flu shots, wear a mask and socially distance. Regular dose flu shots are also available at the Board of Health office at the Upton Town Hall, Mon.-Thurs. Please call the BOH at 508-529-3110 if you'd like to schedule an appointment there.



Tai Chi

Our Tai Chi instructor, Reverend Helen Morin, continues to offer her Tai Chi classes online via Zoom at no charge. If you'd like further details, you can email Reverend Helen directly at idophotos2@yahoo.com.



Fridays at 12:30

We're continuing to go LIVE on Facebook Fridays throughout October **at 12:30**. Tune in to hear Jessica's update on what's going on at the Center, or just to say hi! **You do not need to have a Facebook account to watch us.** Just Google "The Upton Center Facebook Page" and watch us Live. In case you miss us, we will save the videos on our Facebook page so you can watch anytime.



Grilled Cheese & Soup to Go!

Friday, October 9 at 1:00

Fall is here and it's the perfect time for some comfort food! Let us treat you to a **free lunch to go on Monday, October 19**—just because! **Please call by Wednesday, October 14 to register.** Meals can be picked up at the Center at 1:00 to be heated at your home. Please plan to wear a mask and socially distance for pick up. We know it's not quite the same as enjoying lunch at the Center with your friends—but we'll be happy to see your faces as you stop by to pick up your lunch to go!

Halloween Fun

Friday, October 31 at 1:00



It has been a crazy year thus far—but we can't let that stop us from having some Halloween fun! So come on down to the Center at 1:00 for a trick or treat—you decide!! Unfortunately we're not able to have you stay for a party this year, but you can take a walk through our haunted hall if you dare and pick up some Halloween treats along the way! We'll be in costume and we hope you will be too! Those of you who dress up will be entered for a chance to win our spooky raffle prize. **Happy Halloween!!**

FUN & GAMES



Whether you're an avid player or a beginner looking to learn a new game, here are some options for you to explore!...

Online Bridge

We know all you card players are missing your ability to play cards at the Center. So here are some ways to play from home. Bridgebase.com offers a free, anonymous option for social play, ACBL games, tournaments and even solitaire. Play with your real life partner, or find Bridge partners online from all over the world.

Online Mahjongg

Are you a MahJongg fan? If so—consider checking out MyJongg.net, which is free, or RealMajJongg.com, which offers a 14 day free trial with an option to subscribe for a fee after that.

Online Hand & Foot

Visit Tabletopia.com and search for Hand and Foot for a free online version of your favorite game. Players can compete individually or divide into even numbers of competing teams.

Scrabble Apps

Are you a Scrabble fan? Consider downloading a free word game app on your smartphone to enjoy. You can go to the app store on your phone and search for "Words with Friends 2" and get started.



Countdown to Christmas

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Let's Make Christmas 2020

a Special One!

Our countdown to Christmas continues! As of October 1st, Christmas is just 85 days away!.. We anticipate that this year, even the holidays may be impacted by the "new normal" we're all experiencing. So we thought it would be fun to start celebrating a little early with some special activities each month to celebrate a countdown to Christmas. We had a lot of fun with our kickoff in September by decorating our tree here at the Center a little early! And we had a good time showing off our tree to those of you who attended the *Men's Club Cookout to Go* here at the Center on September 18th (thank you Men's Club!).

This month, we'd like to focus on making magical memories with family and friends. So we thought it would be fun to start with a list of questions to help spark some of YOUR favorite memories. Here's a list to get you thinking!...

- When and where were you born? What was going on in the world at that time?
- What do you remember about your grandparents?
- Who was your favorite aunt or uncle and why?
- What was your favorite Christmas gift received as a child?
- Who was your best friend growing up?
- What are some inventions you remember seeing or using for the first time?
- Do you remember learning how to drive? What has changed about driving through the years?
- Did you have a pet growing up?
- Describe your house when you were young.
- What is the favorite trip you have ever taken?
- What was your first job?
- What are your favorite memories of the holidays?
- Were there any favorite dishes you used to make or eat for the holidays?



Now that we have you taking a trip down memory lane, we hope you'll consider sharing this list with family and friends as a way to share your memories with them. Let's face it—there's a good chance that many of our regular Thanksgiving and Christmas celebrations will look a bit different this year. Families who typically gather in person might share their traditional meals "virtually" this holiday season instead. So we'd like to encourage those of you who haven't already done so to learn how to use Zoom or Facetime to help you

stay in touch with loved ones. Jessica Mauro is available for 1 on 1 trainings to help get you set up to use these great ways to connect with family and friends. Give her a call at 508-529-4558 so you'll be all set to go virtual for the holidays!



JESSICA'S SOCIAL SERVICES CORNER

Medicare Open Enrollment

It's that time of year again! Medicare Open Enrollment runs from **October 15th through December 7th**. Those enrolled in a Medicare Prescription Drug Plan (PDP) or a Medicare Advantage Plan (HMO/PPO) should have received an ANNUAL NOTICE OF CHANGE from your current plan in September. It is important for you to read and understand this notice as it explains the changes taking place to your plan starting January 1, 2021 related to premiums, networks, deductibles, co-pays, and the drugs covered by your plan.

During the Open Enrollment period, you are allowed to make changes to your Medicare Prescription Drug Plan (PDP) or a Medicare Advantage Plan. Any change you make during this time will be effective January 1, 2021. A SHINE counselor can assist you in reviewing your plan options and guide you on choosing the best plan based on your needs. The Upton Center has a SHINE Counselor on staff to assist you with any questions or concerns. Call the Upton Center at 508-529-4558 with any questions or to set up an appointment if needed. We understand that we are living in difficult times and if an in person appointment is not an option, a SHINE counselor will do their best to accommodate by either phone, ZOOM and/or GoToMeeting. For more information, visit SHINE's website at: www.shinema.org.

SMOC Fuel Assistance

The SMOC heating assistance program starts November 1, 2020 and goes through April 30, 2021. Those who received assistance last year through SMOC may have already received a re-certification application in the mail. You can complete the application and attach any updated documentation requested to be mailed in with the application. For those who are new to SMOC, you can contact the Upton Center at 508-529-4558 to determine eligibility and the best way to complete a new application. Our Social Services Coordinator is available by appointment only to meet with those who require in person appointments. For more information on heating assistance, you may also contact SMOC directly at: 508-620-1230 or 508-620-2342.



Tri-Valley Lunch Services

Please call Tri-Valley at 508-949-6640 to inquire about meal delivery service. Once registered, calls should be made by 10 am the day before a meal is served to reserve or cancel a meal. Meals are \$3 (including milk and bread). You can also call to inquire about home delivery of lunch and/or frozen evening dinners.

BINGO Winner

Congratulations to **Whitney Loeper** who was the lucky prize winner of our BINGO challenge in September! Thanks to all who participated!



COMMUNITY CORNER

Upton Library Reopened

We are happy to share the good news that the Upton Library reopened September 22 for browsing, checkouts, and hold pickups. Masks are required. Curbside pickup is still available at the Library and Millhaus residents still have the option to call and arrange to pick up books at the Upton Center on Wednesdays. For more details call 508-529-6272, email mbachtol@cwmmars.org or visit uptonlibrary.org.

Town Clerk Updates

The Town Clerk's office is very busy preparing for the November 3 Presidential Election. All voters should ensure they are registered to vote before the **deadline on October 24**. The Town Clerk plans to mail out ballots to the voters who have requested them during the first 2 weeks of October. These ballots need to be returned back to the Town Clerk's office by **November 3 at 8 pm**. There is a drop box outside of Town Hall where voters can deposit their ballots and not have to put them in the USPS mail. Early voting will begin on Saturday, October 17th at the Town Hall and continue through Friday, October 30th. Any voter can come to the Town Hall and vote early. Lastly, the Election will be held at Nipmuc Gym on November 3. Polls will be open from 7 am – 8 pm. If you have any questions, please call the Town Clerk's office at 508-529-3565. Thank you.

Scam Alert

Scammers are always reinventing their approaches and trying to prey on unsuspecting people. Here are some tips from the National Council on Aging to protect yourself::

- Sign up for the "Do Not Call" list and take yourself off multiple mailing lists
- Never give your credit card, banking, Social Security, Medicare, or other personal information over the phone unless you initiated the call

For more tips, visit <https://www.ncoa.org/economic-security/money-management/scams-security/protection-from-scams/>

Upton Center Wish List

We're running low on the following for our food pantry: 100% fruit juices, individual rolls of toilet paper, shampoo, disinfecting hand soap pumps, small canned hams, low sodium soups. If you can help, please give us a call at 508-529-4558 to arrange a drop off time. Thank you!

Where's the Spider?

Congratulations to **Betty Consigli** who was our lucky winner for finding our hidden rainbow last month! This time we've hidden a little spider. Can you find it? If so, call the Center and be entered to win a prize!

Happy Halloween

HOW **STRESS** AFFECTS THE BODY

BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

CARDIOVASCULAR

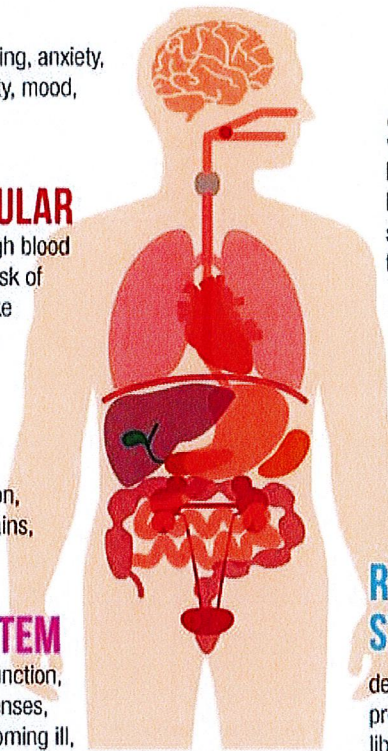
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms

*The COVID-19 pandemic has made many of our lives more stressful than normal. Which is why it's important to remind ourselves of the many impacts stress can have on our bodies. It's also a great time to think about what we can do to proactively manage stress in our lives. Below are some helpful stress relief tips from an article by Lawrence Robinson, Melinda Smith, M.A., and Robert Segal, M.A. Check out these tips, and consider tuning in to the **BCBS Webinar on "Calming Anxiety in Times of Uncertainty"** to be held **October 5 at 10:30** (see **page 2 of this newsletter**).*

Stress Management tips to relieve the pressure and regain control:

- ◆ Identify the sources of stress in your life—Look at your habits, attitude and excuses. Start a stress journal to identify the regular stressors and the ways you deal with them.
- ◆ Practice the 4 A's of stress management: Find ways to AVOID stress, ALTER your attitude, ADAPT your response, and ACCEPT the things you cannot change.
- ◆ Get Moving—Exercise releases endorphins that make you feel good. You don't have to be an athlete to experience the benefits of exercise!
- ◆ Connect to others—Spending quality time with people who make you feel safe and understood can be a great stress reliever. *(See tips on connecting with Zoom and Facetime in this newsletter)*
- ◆ Make time for fun and relaxation—Do something you enjoy each day, laugh at yourself, and take time to relax. *(See the "Fun & Games" section of this newsletter for some ideas!)*
- ◆ Manage your time better—It's hard to stay calm when you're stretched too thin.
- ◆ Maintain balance with a healthy lifestyle—Eat a healthy diet, reduce caffeine and sugar, and be sure to get enough sleep. *(See details of a Brain Healthy Cooking Demo inside this newsletter).*
- ◆ Learn to relieve stress in the moment—Develop a habit of taking a deep breath and using your senses to help relax and focus yourself when you find yourself in a stressful situation.

For further details on each of these tips—see the full article on Stress Management online at www.helpguide.org

October 2020 - Nutrition Breakdown

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your intake to meet your dietary requirements.</p> <p>Na+ = Sodium mg = milligrams Breakdown includes 125mg Na+ for milk</p> <p>*Indicates higher sodium entrees >500mg High Sodium Meal = >1200mg cg indicates meatless meal</p>				
<p>Cal:693 Na+:961mg Diet Cal:623 Na+:916mg</p> <p>5 Lasagna with Meatballs Green Beans Vanilla Pudding Diet = SF Vanilla Pudding Italian Bread</p>	<p>Cal:761 Na+:662mg</p> <p>6 Chicken Fajitas Spanish Rice Black Beans & Corn Pineapple Pita Bread Sour Cream</p>	<p>Cal:707 Na+:1148mg</p> <p>7 Roast Pork with Gravy Cranberry Stuffing Roasted California Vegetables Applesauce White Peasant Bread</p>	<p>Cal:750 Na+:1144mg</p> <p>1 Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Mixed Fruit Blueberry Snack 'n Loaf</p>	<p>Cal:725 Na+:728mg</p> <p>2 Macaroni & Cheese Stewed Tomatoes Green Beans Peaches Italian Bread</p>
<p>Cal:693 Na+:961mg Diet Cal:623 Na+:916mg</p> <p>12 Columbus Day No Meal Served</p> 	<p>Cal:773 Na+:1280mg</p> <p>13 HIGH SODIUM MEAL Hot Dog* Baked Beans Green Beans Fresh Orange Mustard Hot Dog Bun</p>	<p>Cal:728 Na+:955mg</p> <p>14 Baked Potato with Chili & Cheese Broccoli Sour Cream Peaches Pumpnickel Bread</p>	<p>Cal:770 Na+:1041mg</p> <p>15 Broc. & Cheese Stuffed Chicken with Gravy Lemon Seasoned Potatoes Mixed Vegetables Yogurt White Peasant Bread</p>	<p>Cal:793 Na+:626mg</p> <p>16 Shepherd's Pie Carrots Peas Fruited Ambrosia Italian Bread</p>
<p>Cal:719 Na+:1014mg</p> <p>19 Chicken Mornay* Couscous Roman Blend Vegetables Apple Grahams Marble Rye Bread</p>	<p>Cal:738 Na+:712mg</p> <p>20 Meatloaf with Gravy Garlic Mashed Potatoes Tuscany Vegetables Mixed Fruit Whole Wheat Bread</p>	<p>Cal:681 Na+:1173mg</p> <p>21 Roast Turkey* with Gravy Mashed Sweet Potatoes Green Peas Cinnamon Pears French Bread</p>	<p>Cal:748 Na+:853mg</p> <p>22 Macaroni & Cheese Stewed Tomatoes Green Beans Cheesecake Mousse Italian Bread</p>	<p>Cal:763 Na+:731mg</p> <p>23 Baked Cod w/ Parmesan Cream Sauce Lemon Seasoned Rice California Vegetables Fresh Fruit Pumpnickel Bread</p>
<p>Cal:699 Na+:968mg</p> <p>26 Pork Rib-i-que Macaroni & Cheese Jardiniere Vegetables Pineapple Sandwich Roll</p>	<p>Cal:744 Na+:828mg Diet Cal:694 Na+:753mg</p> <p>27 Swedish Meatballs Mashed Potatoes Country Blend Vegetables Tapioca Pudding Diet = SF Tapioca Pudding Marble Rye Bread</p>	<p>Cal:710 Na+:1380mg</p> <p>28 HIGH SODIUM MEAL Sloppy Joe* Potato Wedge Mixed Vegetables Strawberries Sandwich Roll</p>	<p>Cal:708 Na+:712mg</p> <p>29 Chicken Cacciatore Gemelli Pasta Roasted Broccoli Fresh Fruit Italian Bread</p>	<p>Cal:720 Na+:923mg</p> <p>30 Fish with Crumb Topping Sour Cream & Chive Potatoes Capri Blend Vegetables Pumpkin Mousse Whole Wheat Bread</p>